

Dancing to be Fit at Ferber!

Our staff at Ferber Elementary has always been focused on wellness. There are several examples of staff initiatives to promote wellness. One example is from last year when several teachers met twice a week to work out after school in the gym. One staff member is an instructor at the Y and she would lead the class in an hour-long workout. This past year and into the summer, we had a biggest loser competition. We used the total percent of body weight lost to determine the winner.

This year we were lucky enough to get some grant money for wellness and have used it to create videos for staff to dance to at home. We looked at having them dance after school as a group but the interest was more in what they could do at home. Most staff did not want to stay at school longer, but would rather be home and be with their families. So the plan was created to have staff work on their own on being fit but report back on how they were doing. For six weeks staff is tracking how F.I.T.T. (day, how hard, time, and type) they are being using either the dancing videos or any workout they choose. These sheets are collected each week for a drawing to win the best parking spot in the lot. Because our parking lot is crowded, it is a great motivator! At the end of the six weeks, we will take all the participants names and if they were involved for five of the six weeks, they could win a Wii gaming system and a Wii Fit game.

Our motivation for this wellness comes from the fact that the last weeks from Easter to the end of the school year are very stressful for staff. The end of the year is in sight, but there is still so much to accomplish. Wellness is very important for the body as well as the mind. These videos featuring staff dancing to the music have been a great motivator for people to get involved and get fit. They are also great entertainment—watching staff dancing to the songs. So far, 25% of the staff has been involved in the wellness initiative. The success we see is the happy faces of the staff, as well as the laughs of those who have watched the videos.

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